

Senior Center Loma Linda
25571 Barton Road
Loma Linda, CA 92354
(909) 799-2820

June 5th **All New Computer Class Series Begins: 1:30 – 3:30 Monday & Tuesday Afternoons**
Computer Lab Instructor Susan Vajna with over 20 years experience is offering an 8 course (held in 16 – 2 hour sessions) Computer class. One course each week. Course Topics: 1. Hardware & Software; 2. Internet & E-mail; 3. Windows XP; 4. Desktop Publishing w/ Microsoft Publisher; 5. Word Processing with Microsoft; 6. Spreadsheets with Excel; 7. Database with Access; 8. Presentations with Powerpoint. Cost: \$25.00 per person for each course. Includes materials & handouts (\$20.00 per person if both spouses enroll) Space is limited, sign up today. One time offering.

June 7th 9:00 - 11:00 Wed.– **Aging Healthfully - Dr. Paul of the Loma Linda Univ. Hospital Behavioral Medicine** will explore issues seniors face as part of the aging process. Physical Health intimacy, emotional and mental stability. Q & A period – a “Just for Seniors” program.

June 12th 3:30 P.M Mon.. – **Insomnia & Depression -Loma Linda Pharmacy Dept. Presentation.** A special talk from Pharmacists certain to be informative with an opportunity to have your questions answered.
Refreshments Served.

June 21st 1:30 – **Living with Chronic Pain** – Come to this informative seminar on managing constant pain, given by Dr. Strum Loma Linda's Pain Management Center. Get the latest methodologies for treating pain. Q & A period – a “Just for Seniors” program. Refreshments

June 26th Wed. Noon - **Pre-Independence Day BBQ:** Come start the celebrating early with us Free Lunch Sponsored by Summerford Place, (with Vegetarian Selections)
Featuring – Dan Damon Musical Entertainer Extraordinaire – Patriotic theme

4th Thurs. - **Senior Health Clinic** - 9:30 - 11:30 **Loma Linda Nursing Students** provide Blood Pressure Checks, Nutritional and Dietary information, assistance with medical management - communicating effectively with medical professionals. Free - no sign-ups needed continuing program.

ADDITIONAL SUMMERTIME DATES:

July 12th Wed. 8:00 - 4:00: **Lifeline Screening** - Non-evasive Testing.

August 21st Mon. - 9:30 - 11:30: **Low Vision Services "Mobile Solutions"**

August 23rd – Thurs. Noon **Luau:** More information to come.

UPCOMING PROGRAMMING:
SENIOR TRAVEL
MUSICAL CONCERT SERIES
ADDITIONAL COMPUTER COURSES
NUMEROUS GROUPS CURRENTLY FORMING
Sign up today!

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